

<b>Spices and Herbs (fresh and Dried)</b>	
<i>Note: Where optional is indicated you can omit from recipes and just use more cinnamon</i>	
All Spice	1 Container
Basil	1 Container, 1 bunch
Balsamic Vinegar	1 small bottle
Black Pepper	1 Container
Cardamom	1 Container
Cayenne	1 Container
Celery Seed	1 Container
Chipotle in Adobo sauce or Sriracha sauce	1 Jar
Cinnamon	1 Container
Cloves	1 Container
Cumin	1 Container
Ginger – Fresh	5-6 inches
Italian herb blend	1 Container
Mint – fresh	1 bunch
Nutmeg	1 Container
Olive oil	1 Bottle
Oregano	1 Container
Rosemary	1 Container
Sea Salt	1 Container
Thyme	1 Container
Turmeric	1 Container
Vanilla Extract	1 Bottle

<b>Nuts and Seeds</b>	
Almond Butter - Raw	1 Jar
Almonds	1 package
Chia Seeds	¼ cup
Flaxseeds	4 Cups
Pumpkin Seeds	½ cup
Sunflower seeds	1 Cup

<b>Fruit and Vegetables</b>	
Apples	4 Apples
Avocado	2 Avocados
Blue Berries	3 Cups
Cranberries (dried)	2 Tbsp
Lemon	12 Lemons or bottle of organic lemon juice
Pears	2 Pears

Beets	2 Beets
Broccoli	16 Cups (8 heads)
Carrots	6 Pounds
Garlic	17 Cloves (3 Bulbs)
Kale	2 Bunches
Lettuce – Baby Romaine	1-2 packages
Onion	5 Large Onions
Red Onion	2 large
Leeks	1 bunch optional
Radicchio	1 Head Radicchio
Shitake mushrooms	4 Large - optional
Zucchini	7 Large, 3 Medium

<b>Meat and Dairy Products</b>	
Butter	1 Pound
Chicken	10oz women; 12oz men
Goat Cheese	1.5oz women; 2oz men
Manchego Cheese	½ Ounce

<b>Miscellaneous</b>	
65% Dark Chocolate	1 bar
Agave or Honey	1 Bottle
Apricot Jam	1 Jar
Basmati rice	1 Package
Brown Sugar	1 Package
Coconut Milk - Full fat	2 Cans
Coffee	1 Package
Silk Coconut Beverage or Rice Dream	2 Quart Carton